

		dl	dt	dc	dj	dv	db	dg
07:00 - 07:15	XPRESS	DIET SUSPENSIO TRAINNING				ABDOMINALS		
		ABDOMINALS						
		DIET SUSPENSIO TRAINNING						
07:00 - 08:00	LIVE				BODY PUMP (R)			
08:00 - 08:45	LIVE		GAP 45'					
08:00 - 09:00	LIVE	BODY PUMP (R)				BODY PUMP (R)		
08:30 - 08:45	XPRESS		DIET SUSPENSIO TRAINNING	ABDOMINALS		ABDOMINALS		
09:15 - 09:30	XPRESS		ABDOMINALS		DIET SUSPENSIO TRAINNING		ABDOMINALS	ABDOMINALS
09:15 - 10:15	LIVE			BODY PUMP (R)				
10:15 - 11:15	LIVE						BODY PUMP (R)	
10:45 - 11:00	XPRESS	ABDOMINALS		DIET SUSPENSIO TRAINNING		ABDOMINALS		DIET SUSPENSIO TRAINNING
12:15 - 12:30	XPRESS	DIET SUSPENSIO TRAINNING		ABDOMINALS		ABDOMINALS	ABDOMINALS	
14:00 - 14:15	XPRESS	ABDOMINALS		DIET SUSPENSIO TRAINNING	ABDOMINALS			
14:00 - 14:45	LIVE	BODY PUMP (R)						
14:15 - 15:00	LIVE					BODY PUMP (R)		
14:30 - 14:45	XPRESS		DIET SUSPENSIO TRAINNING		DIET SUSPENSIO TRAINNING			
15:00 - 15:15	XPRESS	DIET SUSPENSIO TRAINNING	ABDOMINALS			ABDOMINALS		
15:00 - 15:45	LIVE			BODY PUMP (R)				
15:15 - 15:30	XPRESS			ABDOMINALS				
15:30 - 15:45	XPRESS	ABDOMINALS						
17:15 - 17:30	XPRESS						ABDOMINALS	
17:45 - 18:30	LIVE			GAP 45'				
18:00 - 18:15	XPRESS		ABDOMINALS		ABDOMINALS	DIET SUSPENSIO TRAINNING		ABDOMINALS
18:00 - 18:45	LIVE				BODY PUMP (R)	GAP 45'		
18:45 - 19:30	LIVE	BODY PUMP (R)						
19:00 - 19:15	XPRESS	ABDOMINALS		ABDOMINALS	DIET SUSPENSIO TRAINNING			
19:45 - 20:30	LIVE					BODY PUMP (R)		
20:00 - 20:15	XPRESS		DIET SUSPENSIO TRAINNING	ABDOMINALS		DIET SUSPENSIO TRAINNING		
				ABDOMINALS				
20:00 - 20:45	LIVE			BODY PUMP (R)				
20:45 - 21:30	LIVE		BODY PUMP (R)					
21:15 - 21:30	XPRESS	DIET SUSPENSIO TRAINNING	ABDOMINALS	DIET SUSPENSIO TRAINNING				